

**Full Report (All Nutrients) 18365, Waffles, plain, frozen, ready-to-heat**

Report Date: September 25, 2015 02:38 EDT

Nutrient values and weights are for edible portion.

**Food Group : Baked Products**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 waffle, square (4" square) (include frozen) 35g
<b>Proximates</b>						
Water <a href="#">1</a>	g	37.95	2	--	10.76	13.28
Energy	kcal	285	--	--	81	100
Energy	kJ	1193	--	--	338	418
Protein <a href="#">1</a>	g	6.47	2	--	1.83	2.26
Total lipid (fat) <a href="#">1</a>	g	9.70	2	--	2.75	3.40
Ash <a href="#">1</a>	g	2.90	2	--	0.82	1.02
Carbohydrate, by difference	g	42.98	--	--	12.18	15.04
Fiber, total dietary <a href="#">1</a>	g	2.2	2	--	0.6	0.8
Sugars, total <a href="#">1</a>	g	4.91	2	--	1.39	1.72
Sucrose <a href="#">1</a>	g	3.16	2	--	0.90	1.11
Glucose (dextrose) <a href="#">1</a>	g	0.00	2	--	0.00	0.00
Fructose <a href="#">1</a>	g	0.00	2	--	0.00	0.00
Lactose <a href="#">1</a>	g	1.48	2	--	0.42	0.52
Maltose <a href="#">1</a>	g	0.26	2	--	0.07	0.09
Galactose <a href="#">1</a>	g	0.00	2	--	0.00	0.00
Starch <a href="#">1</a>	g	34.90	2	--	9.89	12.22
<b>Minerals</b>						
Calcium, Ca <a href="#">1</a>	mg	308	2	--	87	108
Iron, Fe <a href="#">1</a>	mg	5.61	2	--	1.59	1.96
Magnesium, Mg <a href="#">1</a>	mg	23	2	--	7	8
Phosphorus, P <a href="#">1</a>	mg	361	2	--	102	126
Potassium, K <a href="#">1</a>	mg	125	2	--	35	44
Sodium, Na <a href="#">1</a>	mg	638	2	--	181	223

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 waffle, square (4" square) (include frozen) 35g
Zinc, Zn <a href="#">1</a>	mg	0.59	2	--	0.17	0.21
Copper, Cu <a href="#">1</a>	mg	0.043	2	--	0.012	0.015
Manganese, Mn <a href="#">1</a>	mg	0.225	2	--	0.064	0.079
Selenium, Se <a href="#">1</a>	µg	12.2	2	--	3.5	4.3
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	3	0.000	0.0	0.0
Thiamin <a href="#">1</a>	mg	0.620	2	--	0.176	0.217
Riboflavin <a href="#">1</a>	mg	0.620	2	--	0.176	0.217
Niacin <a href="#">1</a>	mg	7.575	2	--	2.148	2.651
Pantothenic acid <a href="#">1</a>	mg	0.315	2	--	0.089	0.110
Vitamin B-6 <a href="#">1</a>	mg	0.898	2	--	0.255	0.314
Folate, total <a href="#">1</a>	µg	68	1	--	19	24
Folic acid <a href="#">1</a>	µg	57	1	--	16	20
Folate, food <a href="#">1</a>	µg	11	--	--	3	4
Folate, DFE	µg	108	--	--	31	38
Vitamin B-12 <a href="#">1</a>	µg	2.93	2	--	0.83	1.03
Vitamin B-12, added	µg	2.70	--	--	0.77	0.94
Vitamin A, RAE	µg	381	--	--	108	133
Retinol	µg	380	--	--	108	133
Carotene, beta	µg	1	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	1	--	--	0	0
Vitamin A, IU	IU	1271	--	--	360	445
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	48	--	--	14	17
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	1.05	2	--	0.30	0.37
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta <a href="#">1</a>	mg	0.07	2	--	0.02	0.02
Tocopherol, gamma <a href="#">1</a>	mg	4.40	2	--	1.25	1.54
Tocopherol, delta <a href="#">1</a>	mg	0.97	2	--	0.27	0.34
Vitamin K (phylloquinone) <a href="#">1</a>	µg	7.8	1	--	2.2	2.7
<b>Lipids</b>						
Fatty acids, total saturated	g	1.531	--	--	0.434	0.536

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 waffle, square (4" square) (include frozen) 35g
4:0	g	0.001	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0 <a href="#">1</a>	g	0.000	2	--	0.000	0.000
10:0 <a href="#">1</a>	g	0.000	2	--	0.000	0.000
12:0 <a href="#">1</a>	g	0.000	2	--	0.000	0.000
14:0 <a href="#">1</a>	g	0.011	2	--	0.003	0.004
15:0 <a href="#">1</a>	g	0.000	2	--	0.000	0.000
16:0 <a href="#">1</a>	g	0.880	2	--	0.249	0.308
17:0 <a href="#">1</a>	g	0.005	2	--	0.001	0.002
18:0 <a href="#">1</a>	g	0.560	2	--	0.159	0.196
20:0 <a href="#">1</a>	g	0.040	2	--	0.011	0.014
22:0 <a href="#">1</a>	g	0.036	2	--	0.010	0.013
24:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	5.129	--	--	1.454	1.795
14:1 <a href="#">1</a>	g	0.000	2	--	0.000	0.000
15:1 <a href="#">1</a>	g	0.000	2	--	0.000	0.000
16:1 undifferentiated <a href="#">1</a>	g	0.025	2	--	0.007	0.009
17:1 <a href="#">1</a>	g	0.000	2	--	0.000	0.000
18:1 undifferentiated <a href="#">1</a>	g	5.036	2	--	1.428	1.763
20:1 <a href="#">1</a>	g	0.068	2	--	0.019	0.024
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	2.165	--	--	0.614	0.758
18:2 undifferentiated <a href="#">1</a>	g	1.798	2	--	0.510	0.629
18:3 undifferentiated <a href="#">1</a>	g	0.354	2	--	0.100	0.124
18:3 n-6 c,c,c <a href="#">1</a>	g	0.000	2	--	0.000	0.000
18:4	g	0.001	--	--	0.000	0.000
20:2 n-6 c,c <a href="#">1</a>	g	0.000	2	--	0.000	0.000
20:3 undifferentiated <a href="#">1</a>	g	0.000	2	--	0.000	0.000
20:4 undifferentiated <a href="#">1</a>	g	0.005	2	--	0.001	0.002
20:5 n-3 (EPA)	g	0.004	--	--	0.001	0.001
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.003	--	--	0.001	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 waffle, square (4" square) (include frozen) 35g
Cholesterol <sup>1</sup>	mg	14	2	--	4	5
<b>Amino Acids</b>						
Tryptophan	g	0.076	--	--	0.022	0.027
Threonine	g	0.228	--	--	0.065	0.080
Isoleucine	g	0.268	--	--	0.076	0.094
Leucine	g	0.474	--	--	0.134	0.166
Lysine	g	0.280	--	--	0.079	0.098
Methionine	g	0.120	--	--	0.034	0.042
Cystine	g	0.157	--	--	0.045	0.055
Phenylalanine	g	0.279	--	--	0.079	0.098
Tyrosine	g	0.134	--	--	0.038	0.047
Valine	g	0.304	--	--	0.086	0.106
Arginine	g	0.259	--	--	0.073	0.091
Histidine	g	0.133	--	--	0.038	0.047
Alanine	g	0.241	--	--	0.068	0.084
Aspartic acid	g	0.394	--	--	0.112	0.138
Glutamic acid	g	1.631	--	--	0.462	0.571
Glycine	g	0.207	--	--	0.059	0.072
Proline	g	0.550	--	--	0.156	0.192
Serine	g	0.324	--	--	0.092	0.113
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD